

NOV 03 2008

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about  
the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing  
fresh, healthier foods for my family.**

**What I like most about the proposed  
changes is** it allow us to have a different  
product.

**What I like least about the proposed  
changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Jasmin Hirai

**WIC Participant**  
Hilo WIC Program

NOV 03 2006

PG 802

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about  
the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing  
fresh, healthier foods for my family.**

**What I like most about the proposed  
changes is the fruits & veg and adding  
bread & brown rice!**

**What I like least about the proposed  
changes is \_\_\_\_\_**

**Thank you for reading my comments.**

**Sincerely,**

Nalane K Davis  
**WIC Participant**  
Hilo WIC Program

NOV 03 2008

P6803

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

it's more healthier food  
and less fat

What I like least about the proposed changes is

I have no disagreement

Thank you for reading my comments.

Sincerely,

Alicia Valenzuela  
WIC Participant

Riverside County, California

P6804

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

tortilla and fruits beans in  
can

What I like least about the proposed changes is

They change less juice

Thank you for reading my comments.

Sincerely,

Miriam Alvarado

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

What I liked most about the change was  
that we get to have fruits and vegetables.

What I like least about the proposed changes is

What I liked least was the fact  
that they were cutting down on  
our eggs.

Thank you for reading my comments.

Sincerely,

Melissa Barron  
WIC Participant

Riverside County, California

NOV 03 2006

P 6806

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the food is more healthier  
especially -4- children

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

NOV 03 2006

P 6807

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That there will be less chances  
of getting cavities.

What I like least about the proposed changes is

that the infamil is not enough,  
sometimes we have to buy some on  
the side.

Thank you for reading my comments.

Sincerely,

Cystal Beltran

WIC Participant

Riverside County, California

WIC Participant

NOV 03 2008

P6808

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

They are adding other choice of <sup>whole</sup> grains and able to change WIC at any store

What I like least about the proposed changes is


The Reduce of milk, cheese, eggs & Sorce

I think that the fruit and vegetable and

other choice of whole grain can be bought separately by us.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

enrolled (yhm) student



NOV 03 2008

P 6809

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

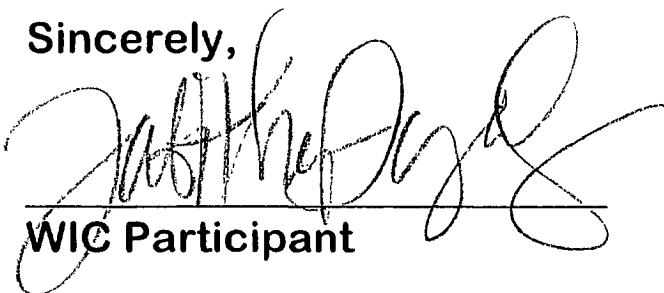
Fruits and Vegetables and  
whole grains packages.

What I like least about the proposed changes is

n/a

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

RECEIVED NOV 03 2008

NOV 03 2008

P6810

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Added whole wheat bread

Added Canned beans

Added fruit & vegetables

What I like least about the proposed changes is

Less eggs

Less juice

Thank you for reading my comments.

Sincerely,

Michelle Vaquer  
WIC Participant

Riverside County, California

simollas, ytruoO ebisreviR

NOV 03 2008

P6811

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

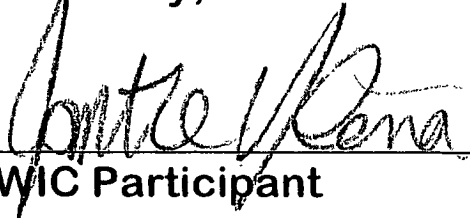
I Like The Oatmeal Tortillas

What I like least about the proposed changes is

The Cheese & Juices Dry Beans

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

NOV 03 2006

P6812

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits are good

I like the Bread

What I like least about the proposed changes is

I DON'T LIKE YOU TAKING AWAY THE EGGS

I DON'T LIKE YOU TAKING AWAY THE MILK

Thank you for reading my comments.

Sincerely,

Richel Sutton

WIC Participant

Riverside County, California

10-31-06

P6813

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the different options there  
are like the vegetables.**

**What I like least about the proposed  
changes is \_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

Damek Ros  
**WIC Participant**



P6814

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** that they're going to give whole fruits and vegetables

**What I like least about the proposed changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Alma Abrego  
**WIC Participant**

P6815

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** fruits, vegetables, and  
rice. All options in general.

**What I like least about the proposed  
changes is** I don't dislike anything  
about these changes, they are great.

**Thank you for reading my comments.**

**Sincerely,**

Belen Aguirre

**WIC Participant**



P 6816

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** the adding of the fruits & vegetables & the Breads.

**What I like least about the proposed changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Marsha Marboza  
**WIC Participant**



**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** having the surty of vegetables that  
healthy for children. Sometimes people may not even have  
the money to buy all these extras.

**What I like least about the proposed  
changes is** I think its a good idea

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

P 681-8

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** that I will be able to get fresh fruit & vegetables every month instead of once a year.

**What I like least about the proposed changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Veronica Ruiz

**WIC Participant**



P 6819

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is We will have more  
to choose from.**

**What I like least about the proposed  
changes is Its been every year  
it will be nice to be every month.**

**Thank you for reading my comments.**

**Sincerely,**

Angelica Negrete  
**WIC Participant**

NOV 03 2006

P6820

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

more healthy foods much better  
for our kids more variety.

What I like least about the proposed changes is

Nothing.

Thank you for reading my comments.

Sincerely,

Carmen M. Ace

WIC Participant

Riverside County, California

Riverside County, California